

**How Do I Get There from Here?**  
***Clinically Supporting Resilience in the Formally Incarcerated***

In response to ongoing, legislatively directed change, the diversion of offenders from state prison to county control has been actively implemented in California since 2011. Counties must now handle drug and property crime sentences as individuals reenter their communities for treatment in programs designed to ultimately reduce both prison overcrowding and recidivism. As such, the state has allocated funding to support Realignment and invest in locally run, evidence-based, rehabilitation programs.

Most clinicians have not been trained to respond to the multidimensional and complex needs of the reentering population. Potential course participants will need to know the answers to such basic questions as:

- What is the difference between Jail and Prison? What is CCCMS? EOP? MDO?
- What is in an Aftercare Summary and how can you use it?
- What is Strength Based Assessment?
- What are your legal/ethical obligations in relation to addressing behavioral and treatment issues with this population?

This course is designed specifically for clinicians who want to be more knowledgeable, skilled and effective in working with the reentering population. Clinicians need to understand context and develop a specific cultural competence to work successfully with this population.

The training goes from basic terms, to providing contextual information, to active learning of clinical skills for assessment, goal setting, ongoing treatment and handling surprises. It is designed to develop a solid foundation for responding clinically to this population. The strength-based perspective presented and the skills learned in this training can be subsumed within any evidence-based or other mode of practice being utilized in the provision of services. In addition, a 61-page Participant Workbook is included that has been developed to supplement information presented during the training as well as provide the materials utilized during the active learning exercises.

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Purpose and Instructional Objectives

Goal: Within the context of recovery orientation, to provide clinicians with the knowledge and tools needed to effectively work with the reentering corrections population in the community.

- I. Introductions: Establishing a comfortable classroom culture through introductions to each other and to the course.

- II. Foundation: Providing foundational information about the background and the population.

Objectives:

- a. Participants will be able to discuss criminogenic need factors.
- b. Following a videotaped interview, participants will discuss first impressions and images of the consumer as compared to the real profile.

- III. Creating Culture: Establishing a respectful perspective, building rapport and engaging with the consumer.

Objective:

- a. In small groups, participants will discuss personal challenges related to working with the Corrections population.

- IV. Strength Based, Collaborative Assessment: Teaching skills for conducting an effective assessment.

Objectives:

- a. Following a fishbowl demonstration interview, participants will discuss their observations as related to the utilization of the Recovery Oriented Principles and Strength Based Assessment skills.
- b. Using written vignettes in a triad exercise, participants will demonstrate strength based collaborative assessment skills and provide feedback to each other.
- c. After an interactive presentation about Setting Treatment Goals, participants will discuss potential options for the consumer featured in a video.
- d. Participants will use written vignettes in a dyad exercise to collaboratively identify at least two treatment goals and provide feedback to each other.

- V. Ongoing Treatment: Preparing for the unexpected.

Objectives:

- a. In a triad exercise, participants will respond to unexpected new information utilizing strength-based skills.
- b. Participants will be able to identify and discuss at least two legal and/or ethical dilemmas related to the previous unexpected information

- VI. Therapist Self Care

Objective:

- a. Participants will share with each other at least one way that they personally take care of themselves when feeling burned out or overwhelmed.